

WHAT IS CLAIMED IS:

1. A method for prophylaxis or treatment of benign prostatic hypertrophy (BPH) comprising administering an effective amount of Ionidamine or a Ionidamine analog to a human subject in need of such treatment.
2. The method of claim 1 comprising administering Ionidamine to the subject.
3. The method of claim 1 wherein the subject is not being treated for cancer.
4. The method of claim 3 wherein the subject is not diagnosed with cancer.
5. The method of claim 1 wherein the subject has a serum PSA greater than about 2 ng/ml.
6. The method of claim 5 wherein the subject has a serum PSA less than about 10 ng/ml.
7. The method of claim 1 wherein the Ionidamine or Ionidamine analog is administered in combination with another treatment for BPH.
8. The method of claim 7 wherein the other treatment is:
 - a) administration of an alpha-blocker;
 - b) administration of a 5-alpha-reductase inhibitor;
 - c) administration of zinc; or
 - d) a surgical procedure.
9. The method of claim 2, wherein Ionidamine is administered at least once per week for at least 4 weeks.

10. The method of claim 2, wherein Ionidamine is administered at least once daily for at least five days.
11. The method of claim 9 wherein the daily dose is between about 1 mg and 5 about 300 mg.
12. The method of claim 9 wherein the daily dose is between about 300 mg and about 5 grams.
- 10 13. The method of claim 9 wherein the daily dose is 150 mg p.o. TID.
14. The method of claim 1, wherein Ionidamine is administered as a unit dose oral pharmaceutical composition that is a sustained-release formulation comprising from about 1 mg to about 2000 mg Ionidamine.
- 15 15. The method of claim 1 wherein, when compared to a baseline prior to the initiation of treatment, the subject's
- 20 a) AUASI or IPSS score is decreased by at least 3 points;
b) prostate size has decreased by at least about 20%; and/or
c) serum PSA levels have decreased by at least about 20%,
when determined on or after 60 days after the initiation of treatment.
- 25 16. A method for treating BPH comprising (a) diagnosing BPH in a patient, (b) administering Ionidamine or a Ionidamine analog to the patient and (c) determining whether one or more manifestations of BPH are reduced in said patient.
17. A method for treating BPH comprising (a) administering Ionidamine or a Ionidamine analog to a patient diagnosed with BPH and (b) determining whether one or more manifestations of BPH are reduced in said patient.

18. A unit dose oral pharmaceutical composition for treatment of BPH comprising between 1 mg and 70 mg Ionidamine.
19. A unit dose oral pharmaceutical composition for treatment of BPH comprising 200 and 1000 mg Ionidamine.
- 5 20. A unit dose oral pharmaceutical composition that is a sustained-release formulation comprising from about 1 mg to about 2000 mg Ionidamine.

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